



# Healthy Community Development Initiatives 2006

# New Jersey Council on Physical Fitness and Sports

How local municipalities utilized their \$2,500 mini-grant to create a more healthy and active community

  <p>Residents explore the nature trails in Franklin Township – A Safe and Health Community</p> <p>For more information regarding the communities and projects, please contact:</p> <p>Karin A. Mille, RD, MS New Jersey Department of Health and Senior Services 50 East State Street 6th floor Trenton, NJ 08625 - 0364 P: 609.292.1723 or karin.mille@doh.state.nj.us</p>	Organization	Accomplishments	Immediate Benefits	Future Projects
	<b>Modeling Fitness Project</b> Brigantine North Middle School	<ul style="list-style-type: none"> <li>Forty (40) members of the Brigantine North Middle School staff adapted and maintained a physically active, nutritionally healthy daily regimen for an 8 week fitness challenge. The participants increased their physical activity to a minimum of 30 minutes per day.</li> </ul>	<ul style="list-style-type: none"> <li>The participants substantially decreased their body fat %, BMI, B/P and weight and increased their energy and stamina.</li> </ul>	<ul style="list-style-type: none"> <li>By adopting the nationwide <u>LIVE IT! STEP WITH IT – FIT IT IN</u> campaign we hope to achieve the Presidential Physical Fitness Active Lifestyle Challenge as our next project.</li> <li>Staff members have access to use the facilities resulting in an increased student motivation toward Presidential Fitness.</li> </ul>
	<b>Smart Step Walkers</b> Edison Township Health Department	<ul style="list-style-type: none"> <li>Smart Steps - a pedometer walking program promotes small group, outdoor walking for Edison senior residents and employees.</li> <li>Fifty-nine (59) participants have signed up for the Edison Smart Step Walkers.</li> </ul>	<ul style="list-style-type: none"> <li>All participants have reported a steady increase in the number of steps they take each day.</li> <li>Twenty-six of the fifty-nine participants are seniors. Each senior had their blood pressure taken and established current % of body fat and BMI. This group will have the same measurements taken at six months from start date.</li> </ul>	<ul style="list-style-type: none"> <li>Periodically township wide email messages are sent out encouraging employees to participate in the Smart Step program as well as other fitness and health information.</li> <li>In 2007 we intend to offer the program to all community members.</li> </ul>
	<b>Franklin Township</b> Somerset County	<ul style="list-style-type: none"> <li>Organized the first annual “<i>Safe and Healthy Franklin Week</i>” with 9 community-based walk able community activities, attended by hundreds of township residents of all ages</li> </ul>	<ul style="list-style-type: none"> <li>Increased promotion and awareness of walking benefits through distribution of <i>Franklin Township – A Walk-able Community</i> guide</li> <li>Encouraged resident walking to the township’s commercial district and Farmer’s Market.</li> </ul>	<ul style="list-style-type: none"> <li>Coordination of additional walking and fitness events, development of a mileage guide for walking routes, support of the <i>Walk Your Child to School</i> initiative, creation of a <i>Safe and Healthy Community</i> webpage</li> </ul>
	<b>Healthy Hightstown</b> Hightstown Health Department	<ul style="list-style-type: none"> <li>Organized kickoff of program at Hightstown Fair Day, October 8, 2006.</li> <li>Distributed over 250 walking kits which included T shirts, water bottle, provided walking maps with 1 and 2 mile routes highlighted.</li> </ul>	<ul style="list-style-type: none"> <li>Promoted health benefits of walking to borough residents and others who attended the Hightstown Fair</li> </ul>	<ul style="list-style-type: none"> <li>After evaluating success of program, and if results are favorable we plan to make this an annual event.</li> </ul>
	<b>Township of Irvington</b>	<ul style="list-style-type: none"> <li>First- time provision of swim lessons to children and seniors in Irvington</li> </ul>	<ul style="list-style-type: none"> <li>Taught 10 seniors and 90 children to overcome their fear of water and to learn swim strokes and swim in one-hour lessons over the summer of ’06.</li> </ul>	<ul style="list-style-type: none"> <li>Expand advertising at Irvington Housing Authority as advertisement was done at Senior Citizen Center at 1077 Springfield Ave.</li> </ul>
	<b>F.U.N. (Fitness, Unity, and Nutrition) Program</b> Garfield Childhood Obesity Intervention Taskforce	<ul style="list-style-type: none"> <li>Launched 3-day pilot Ramapo and Meadowlands Survival (RAMS) Camp with 45 middle school teachers and students</li> <li>Presented RAMS Camp model at 18<sup>th</sup> Annual National Health Education Conference in Nashville, TN</li> <li>Designed F.U.N. brand identity and resource guide for community-wide distribution</li> </ul>	<ul style="list-style-type: none"> <li>Developed alliances with community partners, including 3 universities, non-profit groups, Garfield Public Schools</li> <li>Created/distributed RAMS Camp activity binder. Can be integrated into math/science curricula in public schools</li> <li>Assessed community resources and consolidated efforts to distribute information on healthy living in Garfield</li> </ul>	<ul style="list-style-type: none"> <li>Engage 5% of the community in walking clubs</li> <li>Develop and implement Safe Routes to School Program to promote walking and bicycling to school</li> <li>Distribute F.U.N. Resource Guide to Garfield residents</li> </ul>

<p><i>It is wonderful for us to endorse a program that not only increases pedestrian traffic to our business district, but also endeavors to promote walking as part of healthy lifestyles and a healthy community. It's a win-win initiative for all. –</i></p> <p><i>Efran Dato, Deputy Economic Director, Franklin Township</i></p>	<p><b>Lawrence</b> <i>Seniors Walk to California</i></p>	<ul style="list-style-type: none"> <li>Provided seniors with a workshop on the benefits of regular exercise and nutritional eating.</li> <li>Started and maintained a walking club for senior citizens.</li> </ul>	<ul style="list-style-type: none"> <li>Developed a regular exercise program for senior citizens who previously had none.</li> <li>Improved physical condition as shown through screenings.</li> </ul>	<ul style="list-style-type: none"> <li>Add new programming including, other walking destinations, jazzercise lite for seniors and tennis</li> </ul>
	<p><b>Medford Township</b></p>	<ul style="list-style-type: none"> <li>Designed and published full-color brochure with trail map of recreational walking, biking and canoeing trails.</li> </ul>	<ul style="list-style-type: none"> <li>New maps increase community awareness of walking routes, newly marked bikeways, and recently improved canoe trail.</li> </ul>	<ul style="list-style-type: none"> <li>Implementation of community walking and fitness programs for all populations</li> </ul>
	<p><b>Sussex County Golden Sneakers:</b> <i>10,000 Steps to Better Health</i></p>	<ul style="list-style-type: none"> <li>Produced member welcome packet, held kick-off meeting with Local Boards of Health members, designed trophy to be awarded quarterly to the “winning” municipality who logs the “most steps taken”</li> </ul>	<ul style="list-style-type: none"> <li>Coordinators and Local Boards of Health working together to build participation.</li> <li>Increase visibility of municipal and community support for physical activity and the need for “walkable” areas within the community</li> </ul>	<ul style="list-style-type: none"> <li>Hold quarterly meetings to disseminate educational materials and information in order to encourage continued commitment</li> <li>Website, newsletter and brochure development as a form of community outreach</li> </ul>
	<p><b>Walk Ocean Township</b></p>	<ul style="list-style-type: none"> <li>Coordinated 14 local businesses to stimulate walking in town</li> <li>Brought walking programs to senior communities in town.</li> </ul>	<ul style="list-style-type: none"> <li>Encouraged healthy lifestyle choices for residents</li> <li>Lower barriers to exercise for seniors</li> </ul>	<ul style="list-style-type: none"> <li>Expand “Walk In Day” program</li> <li>Develop family walking program</li> </ul>
	<p><b>Vineland PaceSetters</b> Vineland Health Department</p>	<ul style="list-style-type: none"> <li>Created city wide walking program</li> <li>Produced brochure, t-shirts and information materials</li> <li>Created database to track members and miles walked</li> <li>Began HealthEase fitness program to compliment walking program.</li> </ul>	<ul style="list-style-type: none"> <li>Strengthened bonds among team member organizations.</li> <li>Increased visibility of health department’s mission to promote a healthy Vineland.</li> </ul>	<ul style="list-style-type: none"> <li>Seek funding to pay for staff to recruit new members and maintain walking program.</li> <li>Continue community outreach to expand membership.</li> <li>Create a second walking program for another area in the city in order to resolve some transportation barriers.</li> </ul>
	<p><b>Walk West Windsor</b></p>	<ul style="list-style-type: none"> <li>Produce distance friendly maps of community walking paths</li> <li>Pedometers and walking gear distributed to participants to entice participation</li> <li>Distribute educational materials on health and safety topics</li> </ul>	<ul style="list-style-type: none"> <li>Educate residents and increase awareness of the healthful benefits of exercise</li> <li>Establish support with local professionals</li> </ul>	<ul style="list-style-type: none"> <li>Health &amp; Fitness Fair for community</li> <li>Mini-Triathlon</li> <li>Apply for grants/sponsors to hold future events</li> </ul>
	<p><b>Woodbridge Township</b></p>	<ul style="list-style-type: none"> <li>Developed a brochure and packet to promote program</li> <li>Developed 1 Historic Route in Woodbridge Proper</li> </ul>	<ul style="list-style-type: none"> <li>Walking brochure increased presence of Health Department in the community</li> <li>Participants had ability to network with community members</li> </ul>	<ul style="list-style-type: none"> <li>Advocate for pedestrian safety</li> <li>Map out other historic sites in Woodbridge Township</li> <li>Participate in Mayor’s Annual Fun Walk Outreach at Mayor’s Annual Health Expo</li> </ul>

Healthy Community Development (HCD) is an initiative of the NJ Department of Health & Senior Services and the NJ Council on Physical Fitness and Sports. Contact Karin Mille, RD at 609.292.1723 or [Karin.Mille@doh.state.nj.us](mailto:Karin.Mille@doh.state.nj.us)